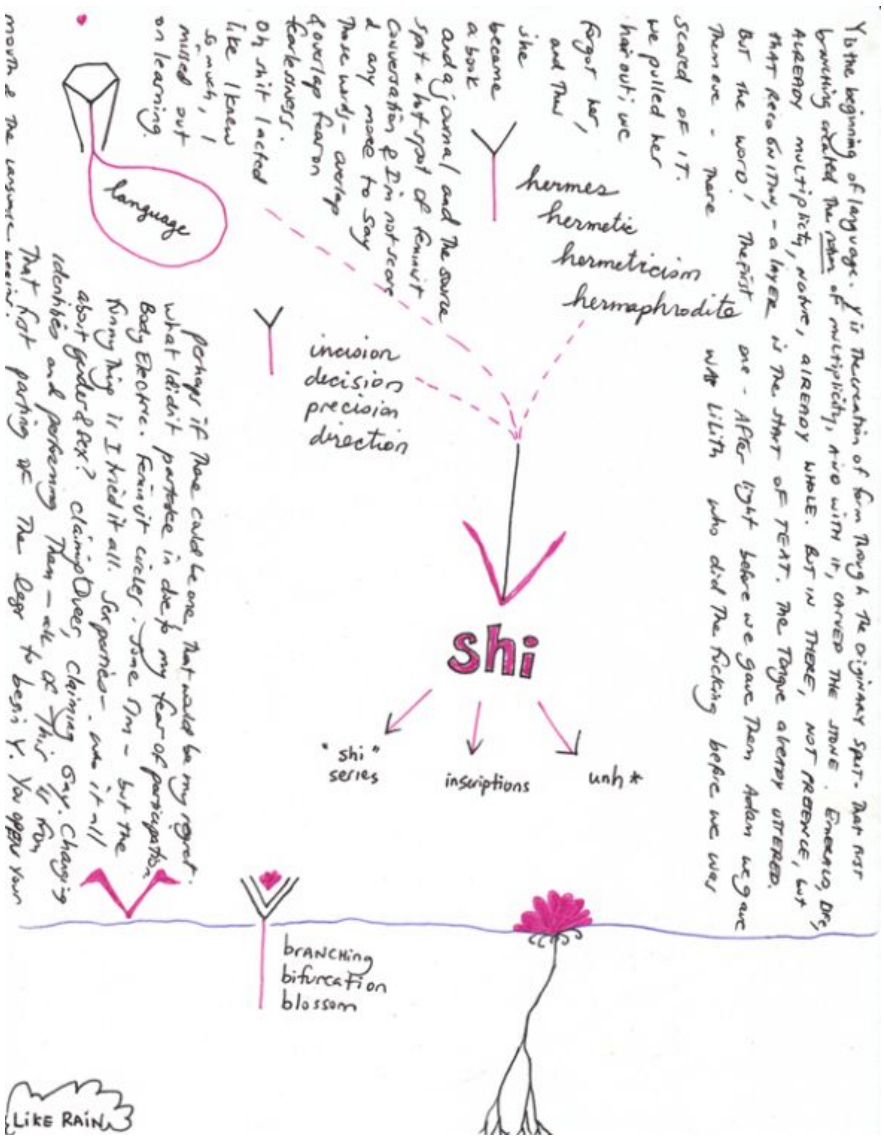
COMPOSITIONS



Margit Galanter

Compositions

The following are selected writings and compositions from the past several years.

FROM *THE SHI SERIES*

2006-2009

what if words were alive? and by writing, we inscribed breath in our bodies? we didn't hinder it as it arose or dissipated, rather… listened, cultivated, and from this came l a n g u a g e.

WINTER

Even s l o w e r
**** * * * * * *

good things come from s lo w.
how to hwlp my energy downwards?

planting
giving space in arranging

being and living cellular space.

be with disappointment, andrelax into the earth

the big mass -
it is what we
gravitate to

and what of darkness?
just to be able to fall into it,
there are fruitsm and the fall
itself, a vehicle,

the moment of It.

mg troy 12/22
starts solstice

To All who Enter Here
****

I have been noticing tings,
that I am stacked on top of great teachers before me
that paradoxically (so it feels) I choose whom I love.
In me, there is a selector- s/he says "home" "groovy" "deity" "maggot"
The Selector- knows my every inclination, my ego-driven desires,
How to relate this view with one that discerns and values the felt sense?

Here is a question, formed as a binary.

Either/ Or
Either Ego-Driven, or in fact the centerof a spiritual quest.
Hmmmmm.... is spiritual quest itself ego-driven?
The self-betterment campaign sets out and in fact becomes something
that pushes beyondits original or public attention-intention.

Self Improvement in its best exists to bringmore compassion.
which i tink means opening up to what is-
the aversions are what is cceated by an ego, and in fact the very thing whi
whichmechanizes the separation!

so.... aversion is a good thing to get curious about.
noticem befriendut, touch it, work it, massageit

like the dog and the BOne .

12/28 approaching the tunring of the year.
Earthdance

(meow at home!)

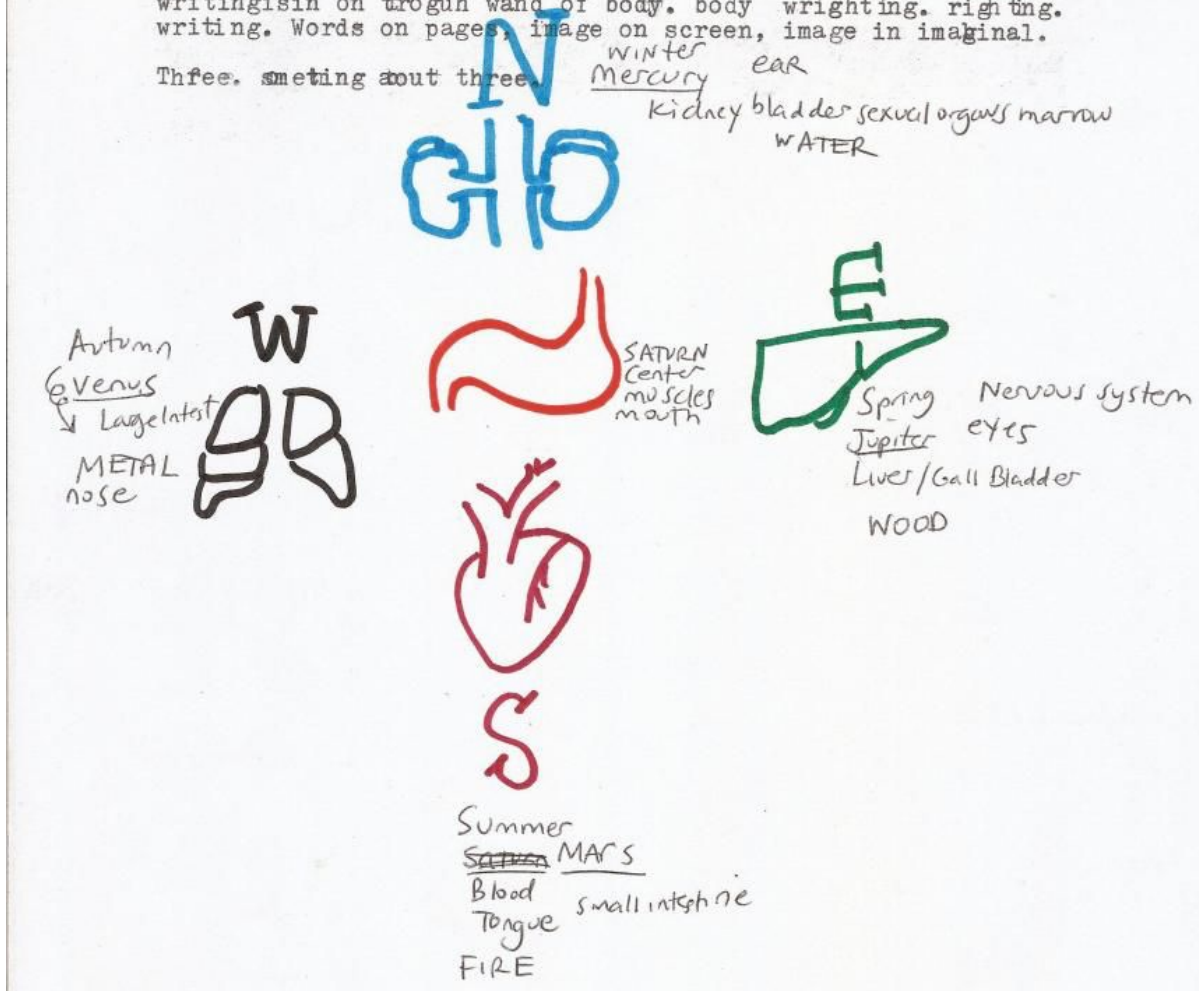
Go Beyond the mind
into Knowledge
dissolve obstacles obscurations
these are temporary.

purification comes from UNDISTRACTED PRESENCE
& from this the REAL condition of
primordial state, the base of all
existence. ...
Nirvana is always living in recognition
of this original condition.

Writing
****

Connecting to that sense of writing. the writingis on the wall, the writingisin on throguh wand of body. body wrighting. righting. writing. Words on pages, image on screen, image in imaginal.

Thfee. smeting about three.



mechanical soul making stepbystep
m connectivity. interdepe ndence
from within aso macro out.
as above, so below.... theunderground

alchemical transformati ons
through body abd a being doing
no need to ingest; we already
are:

B R E A T H I n g

1:15.09
Home

Better Than Imagined
****

Of course it would be in this month of white andlung asitgets more andmore clarified and the practices magnify and coalesceof course it would be this month that my granny is having a hard time breathing. thrrw is a lezson her e. Shex can teach me more about breathing if i were to clue into her.a clear subject and being who w uld ancd couldbe a focus. someone whom i love so cle arly and dearly, really there is nothing else like this, the clea n pure love of what i feel for nanny, and i can breathe because she breathes. Ah, the density of words with no spaces.

Three Aspects of Lung Energy/Function

The Milk, the ********** ********** metal bowl and the Pouring of the Mixture. 1) Enriching and coolingbody/blood with oxygem & Qi. Excabging heat (like asink) - lungs weakness body can becomeoverheated Also because it directs the flow of Qi. Can result in stagnation of blood Flow.. . Sudden bursts or stress can overheatnheart. 2) Protective/Immune (metal bowl). Guardian Protector.The gfxx first barrier between body-environment - the interface. Lungs generate immune Qi ad circulate it in/on the x skinx. Lungs/Skin.Outer/Inner. External/internal barrier. (tere also lies a dense web of lymphvessels). Invigorating skin will help breathing. 3) The downward force. The pouring. Elimination of wastex (fall!) down is counteracted with upward force of sickness (constipation, couging, etc.) hs sssssssssssssssssss" can bringthe curtainsdown. Falling Leaves His Long Breath, Long Life!

Three Dance Inscriptions as inspired by the properties oflungs These ********** are healingtechniques too for lung research. 1) TONGLEN & FOCUSING. Nanys love ouroure light. all the fear of death andblaming of others ane jealousy andattachment to her stuff and our relationship. dark, light. Then a blob ofdense tense cameuppulsing (inaudibly) in my viscera above / below the solar plexus. iasked it what i could offer to help my bidy andparticularlu this spot. Thisis really it, so it didn't come that fast. Long walks in thecountr air andbreathing... breathing in my granny's skinnsmell. .. dancing... real air- body-environment air. 2) INVIGORATINGSkin *- THE GUARDIAN DANCE. BRUSh, hands, walking, running, making sounds, feeling all of te organ, breathing sound in into an onthe outside. directed activity. m mmmmmm. sssssssssssss. hoooooo chuuuuuuu uu. zzzzzzzzzzz z.fah fah fah hawwwwwwwwwwwwww resonance. heslingsounds may comeinnnnnnnnnnnnnnnnnn.pah ! 3) Nourishment of lungs so they can use and be string, the darker side ofthings. thequiet. connecting into. a upsidedown moon card in the deck. DANCE OF DOWN. slow breath to feel theearth. Earth Dancing. The Earthx Dancing(me.)The danc eofpermeability as keyztone but not the focus, thefocus is down.

Strategy 1
****

"through a direct analogy in a single line"

Qigong Qi Lung Practitoner, you gas presser

UUUU*---U**-UUU

uuuu

Killroy, you qiLung practitoner

grass press into geothermal fogdera

mg 12.13.07 Edenee

Mediation
****

A double entendre- both tthe thing that allowsone to see both sides- a mirror of sorts, and alse thething that jumps you into the paralla x- the thing that warps your seeing- anddistortion is so sexy nowadyas...

immediatism- an attemp at intimacy and closeness in the making of craft together. we might, not an imperative but that sense ofpo possibility, we might wecouldmight stay here all night and play gzmes, mk s cenarios...like improv comedy, but all in the nameodf inscriptions.

we, so presumptuous, you are already here in the room with me,

thetning is, this has been the space where i have been situated so in a way it is dripping with me. I dont knowwhat tat feels like or if that is the conducive to our us ness. thetong . if we picked th e just apprporiate landscape and scope and orientation--- thesi ofthe thuing, we might be the right kindof grouping to maketogether. do you feel it? i certainly do. Now, here alonein the soace with theimages of f you, all ofyou, of us here, in the immediacy. away from the computers and facebook and videoscreens that give us other images outside thenow. yes, refelctions. the mediations andyes here somekinds of maing, theokd spinsters oh we sit here and we make .

andimp erfection. a kinfd d of anti-expectation of g etting something right. through that i feel there is thebest opportiuntiy for us to get somethingthat works. its theperfection that is a real setback themountainn to climb andclimb and break your back. what if it were all in this this room, a ll thepossi ility? thw fod the sitting, the dyon dionysian if it were your fancy and the austeriy of it were yours to bein te making so, here in themaking, in thepartcipation of the making, we are organizing . giving feedback. ..

Mediation- throgh themirror, beitabre athing, the gentle octopusmovement of a beelll habd, a friend who refelcts back to you-liiks at you ansd do esnt pour pour on the acffectsation. a witness, an active witness, we determinethe rgroundrulles, tgetehr. aca mera for feedback , an auduebce,a practice, a weekly endevavor, a lifetimex pursuit. noticingwhen the crows kawww, or when the bell, rings, orthe phone ofyour cell phone. these kind sf things- signs? accidents? Honey, there areno such thong as accidents.

You crash into a car, orrather the x car crashed into you , the wholeexperience of invalis-nezs is the nediator- showing how you deal with ex healing. You st"t to feel pain in yoyr oback, andconstruct a story , a narrative about why it happended, wildly different reasons- psychophyscial , bio-chemical, smatic, linesr cau sality, hexes, geared body-sides, a gentle healer who just listensto yet another storm of the stressof work. the psychic who reminds you you may be fearing thelifeof your love whose mom is getting thinner and thinner daily.... a fight, this particular fight qith beth, so differen than the last one, like sex; each sessionits own littl iravle-itsown shi, its own score-*

SPRING

shi series: spring
extending stems are veins of Nerv. syst
bringing and receiving sensation & perception
(TUNINGFORKS) ///
also when my mom died.
OAKLAND
EARTHDANCE
NYC

F*A*S*C*I*N*A*T*I*O*N

Let's not let ourselves be conned by atomism.
Let's readapt to unity, wholeness, interconnection, ecology.
We were already there (as well as all over tge map)
we went against war, we , we waged peace, we got back to tye land...
And then the story went fromom there.
But tetting is, dreamslive atemporally, and our dreams are porous.
We can guide one another, walk alongside one another, g et to knoew the plants

With these birds singing and te light comingin likeit is, how ia it that
I can lose fascintion?
That my body can get so heavy, and the ice lets any digging slip away?
theedgesget harsher andte darkness spreadsout.... this is the natirw of
nature and the beauty of winter, that we cant rely on happy brightness,
we mustsurrender to alchemical transformation.that means, hermetic seals,
days of labor in thelab, nights of sleep where an understanding just arises
out of the darkness of discipline andthe space of tryiing and no success.

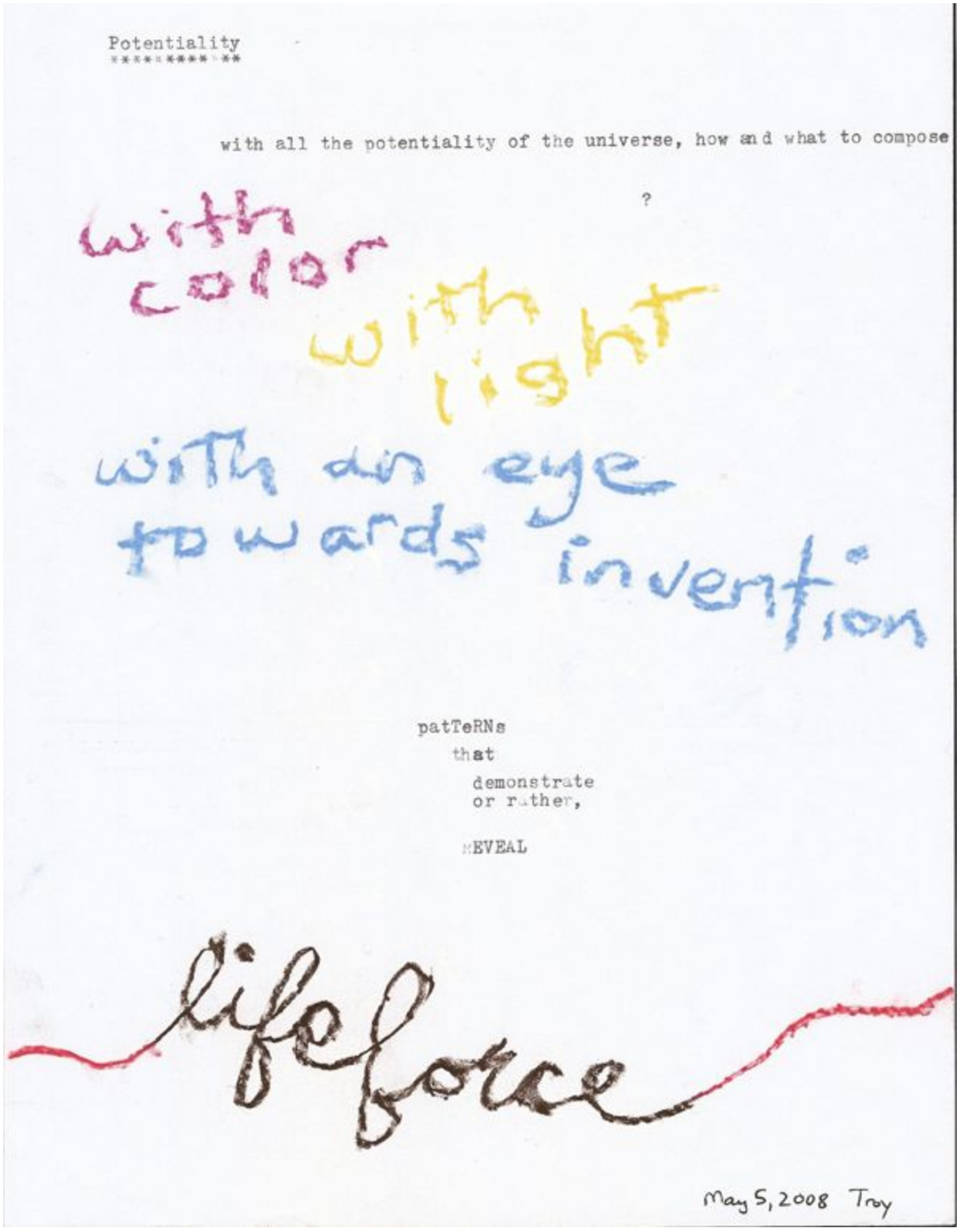
Fascination- that is livunglife. Livng in tnejoy adwonder oflife- warts andall

Its a sign on 42ndstreet, too, where men aent to watch te movies and get somef
comfort in the seats. .. Are we so disconnected fromom out ew arth? And why
am I so fascibated with the raw power anddank dirty flick of fascination?
When I ask the x question, it seemslikeit is best to let i t stay open there/
Best to l et the curlycue of the exclamatory wonderingunfold andunfurl
andcreste refelction. I am not here to answer, but to le t us andsurely
myself live in the wonder that a question brinssinto being. Isthequestion
a being?

paratadic relations- you stand there and mehere andwe area stonewall-
somehow the interaction oftemutual pesences - their coupling- teir co-existene
creates a kind of meanijg that has a different x operation than syntax,
(t ime, function, mechanisms that move andcceate action) here we tak of the s
skow wloe presesent ee of the earth itself moving the stone wal, creatingmoss,b
breaking down te substa e of it.slow decay, reverent andaustere creeks ot
a wall with a begijnning andend tha YOU can climb on andfound where it started
You move all over it.

Briefunitzs rather than telong longwnd.
long long wind.
brief units single action s...

today at joans wathcingthe wordsemerge
March 5, 2008
Hanna StudioBarn


Potentiality
with all the potentiality of the universe, how and what to compose
?
with color
with light
with an eye
towards invention
patTeRNs
that
demonstrate
or rather,
REVEAL
lifeforce
May 5, 2008 Troy

Springtime

when the crystals rise up like mounds or glaciers from the ground.

a window wiper, the sense of, the possibility of clearing.

18 SIDES of Crystal
on a Herkimer diamond
from the fires of the aged Cambrian Sea
at the Base of the adirondak mountains.
Lying and exposed and hidden, all.

Thalamus Hypothalamus Pituitary & Pineal
Edges made from these nodes as a
somatization. So the body encases
or is a material presence & supports
the image & mapping. The mind of
Crystalization

a mirror- purity of reflection from presence of awareness, from no from -
a temporal — embodying the duality — samsara & nirvana.

MAY 6 2008

Color
*****

Lavender pale lavendar deep green black into white
Strategy 14
----------*

"by stressing the cyclical cour se of things"

The sky keeps on turning every time i look outside.
Now this opale pale blue so pale you know tesnow..
before deep deep lavendar, then it got brigh ter.
what an open sky, even withthe density, you knOwthere is more.

T his set ofpractices are accumulating, anddeveloping. like is my
nature, they grow (ratna). And what of wite? space, and a sense of space-
what are boundaries andwhat are walls andwhat does it mean to open up
to spaciousness?

Is white a colour ? Black is theabsence of light. is white all the colors
altogether? what is that? what is white light inscience andthen of cour se
the crystallization pure white light of ah. ah. primordial ah.

That doesn't need or ask for anything .
Colors: red green blue yellow black white
Colors- each a rich entry way into thenatureofourminds
and in fact theway to dissolve ir- colors as theembodiment ofthat widsdom
andthat property.

what aboutrace? whay avbo ut color lines? what we experience in our life
as our karm, and to havethe sameworldview or similarities is about karma.

humans seem to havethis nature to produceprohgeny, bethey beings or collective
or artbor ometigna.... what is true to ourown infinite wisdom, may we create
this here on theplanet. there is acolor and a feeling (rasa) to each of
theplaces anda texturwe a quality that li ves in the air and is communicated
through it. thishere, the fading brigtnessof white-gey.

12·16
Troy

Medicine
****

What is the relationship between psychosoma & biochemical?

Do scientists and artists hear the sounds&songs of the forest through neww accesses to indigenous art?
We can see through microscopes .we can access that through listening
we is dangerous terminology. It assumes . implies royal.

Yet, it also invokes commonality-how could it be both so ?

Cells split in a vision.
split in a word has a strange implication.
feeling the edge of form, we begin to regenerate.
we formulate.
we take new form.

My questions about indigenous come fromdesireforconnectionandfrom
asense that in factmyinquiryisapproaching...

justtoapproach.

Medicine-tohaveitto toexperience itto
connecttoitthe plants.
medicineals thebalmofspeakingwitha dearfriendandgainingnew insigh
t.

medicine through the breathingandsleeping7&eatingwell.

20CT LIBRATHERE

Lung white
****

sssssssss sssssssssss

s s ss ss s

s ssssss ssssss ss sss sss

sssso many lung ss s the lobes
filled w with fluid around it instead of air, space

white is the sp a s p a c e
rf reflection of ssspaceeeeeee
sss sssspacesssssss s

sss s s passssssss s e

voluminous
yeah, numinous !

release from author
release from talent
release from technology

into the beingof the ting ofthe space of what is

under the clavicles, up into under the clavicles
(central treasury) (cloud gate)

L1 L2

all the way down into thethumb of the Lesser shang (shao shang)

turn open my tumbs expose my lungs, close them andthere isinner lung

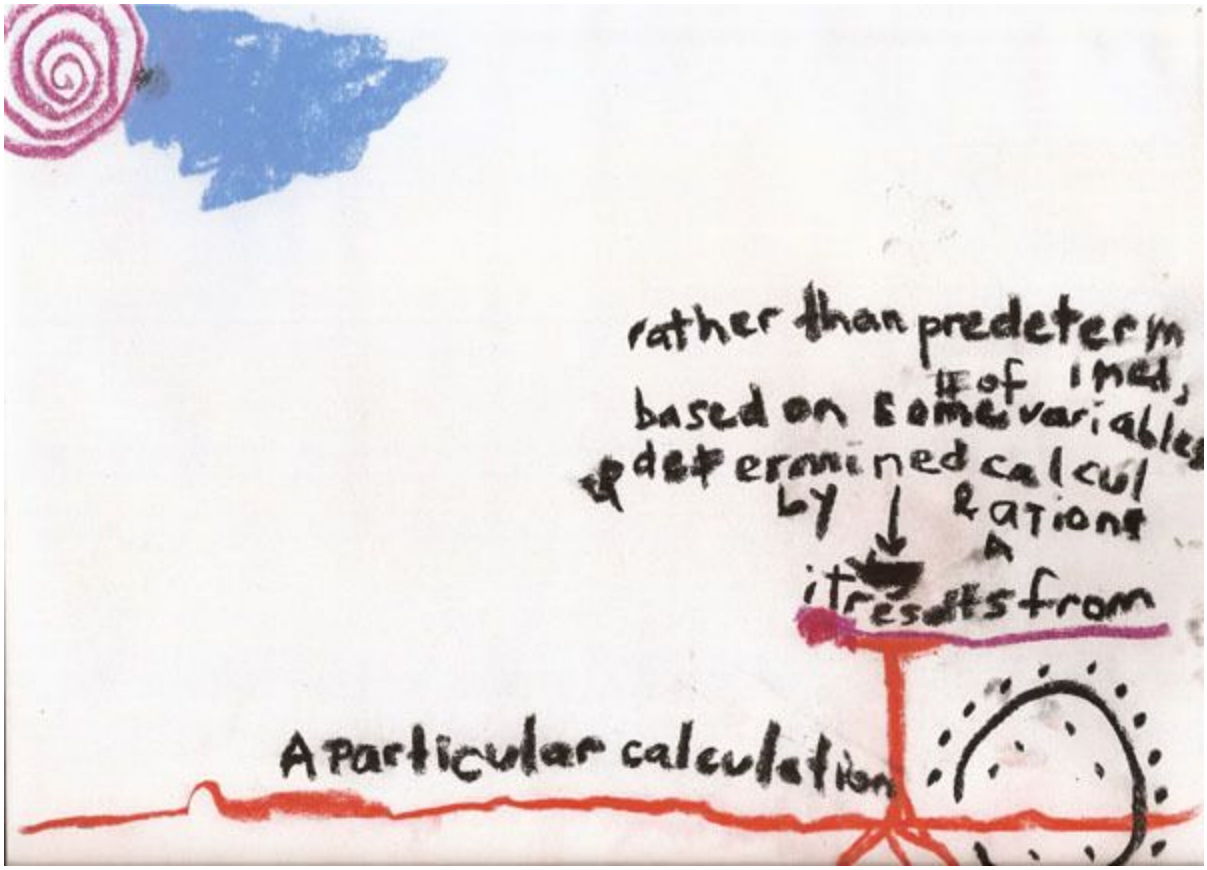
sss sSSSsss Ssp a c e

densities in thelunggrow into inabilities y keep the space.
water, the deluge fills out ability to beathe.
am i really really truly having compassion for nanny's struggle?
in would ,like to findmore presence with all of her, not just the hs
happyness to be with her but also this imminent encroaching
inability to breathe,

To breathe 12/11/07

THE FIRST *SHI* COMPOSITION

2006



NOTES ON THE SENSORIUM

2008

Notes On The Sensorium
****

-inspired by a session at Bretenbush 2008, and Sally asking me to write. Day 3 of a conference on participatory arts. word.

The realm of the senses.
A land where sensep erception has place to play.
Where, through experiencing the multi-sense, permeability emerges.
P ermeability through.
That this body shifts as we do, that we are connected as in andfrm our environment, that we re a part of this dynamic composition, together.
This view of wonder comes through practice, and it just comes.
It came through years of tuning, entacting, feldenkrais, andthe teachers.
There are so many avenues to this phenomenon, this spaceof Sensorium, because there are multiple multi paths to b ing in the experience of the moment, and te movement oflife, te st ream of life.

On this particular day, Mary guided us through personal research of our physical, imagining feeling the s p a c e s (SPACES) inour own body as we discovered them with ourattention, the small movements in our own sense ofsp space, and working with seeing, guided usto see in between- the intermediary spaces, and ourflow from them though us and back again (te fabrication of them, us,inside, outside). We find the connections, the participation through SPACE, MOVEMENT, FULL-BODY SEEING, THROUGH. We danced with others andswitched partners. We watched others dancing and then wejoinedinto the mix, a cumulative flow. We became a part of what we were seeing. We looked through the lookingglass ofour own lenses, changing, looking at the lookers as a part of the action. heboundaries g t to shift, erode. We invoked the trees though our seeingthem, dancingwith the trunks ofone another.

Can the spaces of connection comein maultiple forms? Yes, we can cultivate our trunks; heaven, earth, human in betweem, as an arborescent model - the tree *seemingly* singular, even with its network ofroots communicatingacross undergrownd fields of te auctocthounus. Growing upwars andoutwards, while below, downwards andoutwards, from a seed of center, a linear cumulative decentralization. ... even in tis model of growth, th re isinfinite flow. You see, tebeings havedhereal spaces, they are talking, andthere is so much we do not see, that helps to bring about the multiplicity.

The Sensorium somehow takes tis a step further, the paradigm. the expeirence ... like the rhizme.... the word implies a series of interconnected non-hierarchival nodes (oh when the language sounds lime this is it any longer connected to themystery? the dark rich fertile soil of life? Evem as the flo wers bloom and die, fall back into the earth, below is the ijterconnected ecolgy of communications. Unhingedfrom a static vision of up, and down, we bring in multiplepoints of entry, 360° 360°. That space of possibility of flying, and the value of slowingWAY down , in the intricacies of navigation, of the map and the track; we speak ofcomposition as a part of a history and future of events... in now.

The Sensorium is the land of kaleidoscopic embodiment. you know at some point you have gotten there, that you have arrived into this place, this land of bathing in sensing organism. The room gets filled with the many multiplicity as whole, that all the aspects are workingtogether, creating the spectrum of whole-as-many. Theama An analogue in eco-bio is mutualism, that different beings depend on one another to expandthe life ofthe individuals, that the nature of the relationship is mutually beneficial.

Cont'd - TheSensorium
****

Which getsus to the brilliant part - the regenerative. Participation is a generative practice and phenomenon- through it, more comes - a well. a nugget a mass. a good book that takes years to read. a metaphor that clicks for you the best of making. ...the regenerativearts have a role in the multiplicitous making. The regenerative arts bring about a sense of wonder. they give clues while somehow not trying to grasp too hard in the mystery. Into in through te mystery. Mutualism with mysteries. An alchemical practice of making making. New formsand potentialities emergingfrom putting togethertiings- they in turn, more thsan their name. a smooth singular musical note which is a tag for the being ofit.Regenerative arts generate from and into new life.

We move beyond the world into the possibili y of the world.
What is the real? the multiplicitous realms of our sensations and the perceptual rhizmatic systems that mediate a being in space in context. The multiplicitous realmsof our sensations. How we develop and get into the body of our space a d the spaces of shared places- this kindofflow.
You might know you arein it, and perhaps you don't know how you gotthere, yet there you areand perhaps you can track it all the way back, into this particukar composition of all the facets interacting, ... the breathing streaming participation-- the map of now, write now is bursting with its own texture, flavor, color, senses.

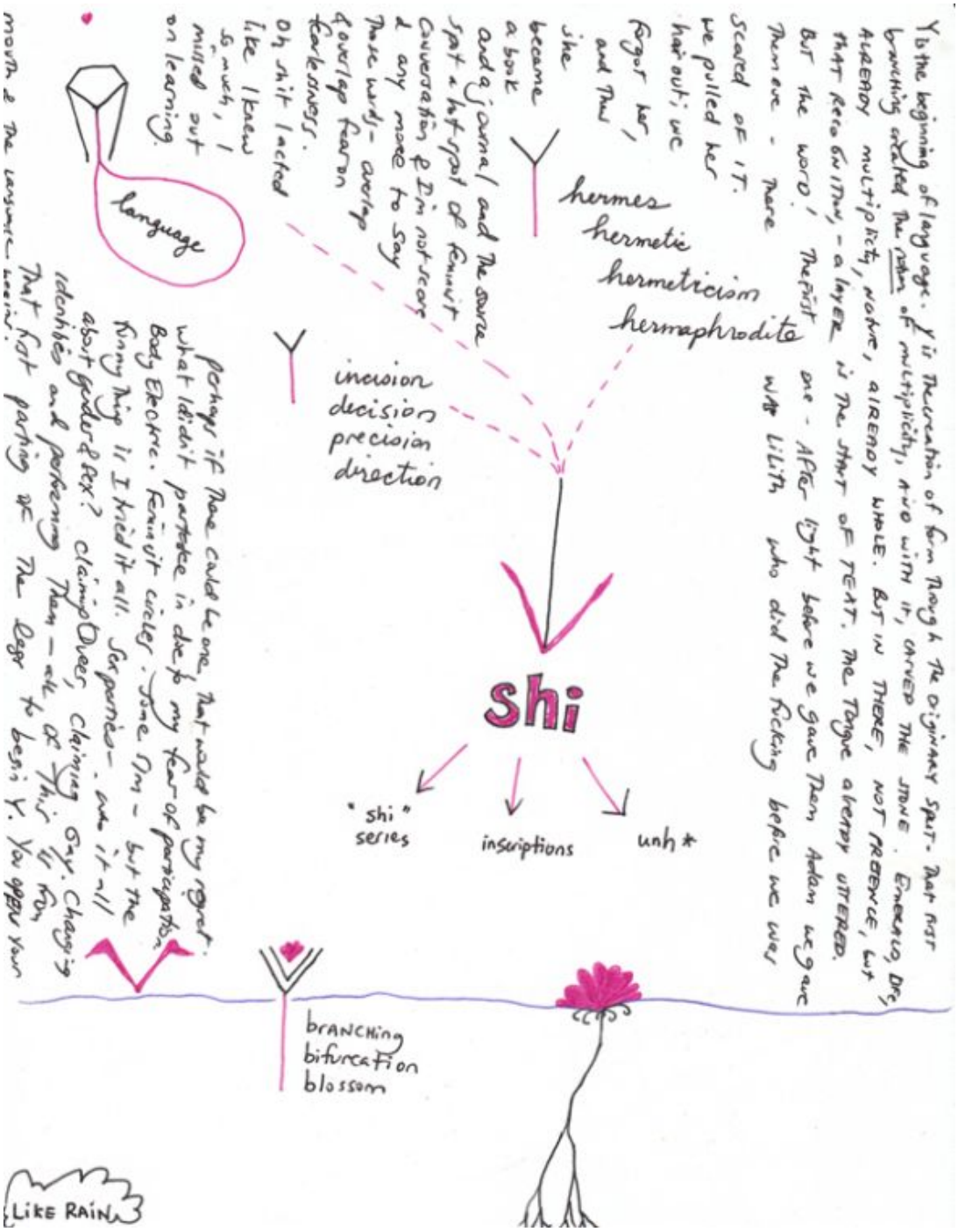
You start with and choose a beginning. It splits, and implicit in this first bifurcation is language, the word, sound , music. it is gender, sex, touch, communication. It is the light coming through your eyelids, and the heat of that light on the soft stickiness of your ey lidsbathed in the kindof sun that just streams through the trees mossily, gently.Your eyes roll aroundin their sockets. t ey see darkness, patterns of light, andseek the darker spots still. You see your partners moving and something draws you in to the dance that you were a part of. In this is a kind of hope that you were never really out, that that dance is a dance of staying on the edges. you follow the mass of sensation, the movingbeings travelling. anecology (not quite) You hone in, expand out, and feel the breeze on your back as you step back into the edges where the windowsmeidate the light throgh the trees, and that soft diagonal wood of the porch that surrounds the space of the studio. It's so specific, Breitenbush- the light, the waters, the geiser flowing from the earth, where you can't but know you indeed are a part of that flow.

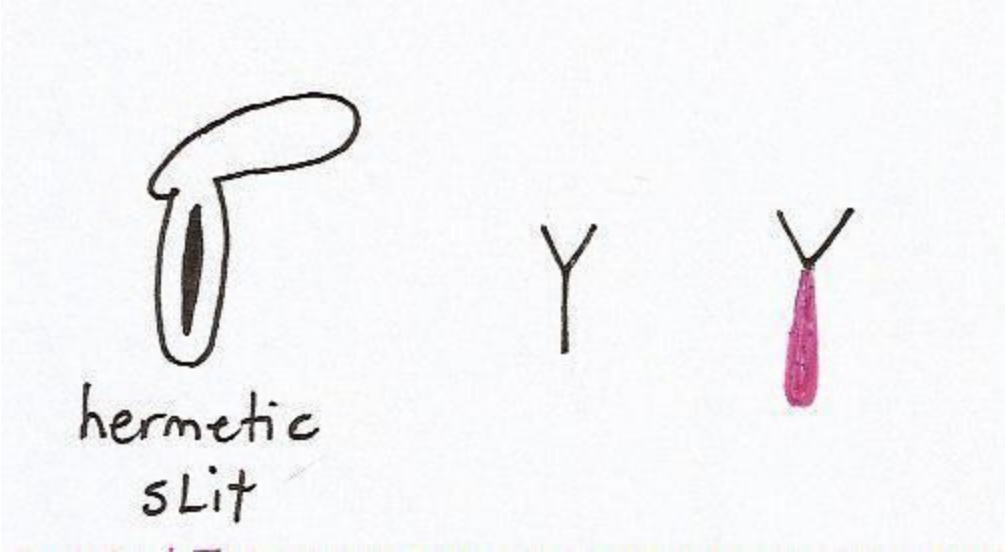
love,

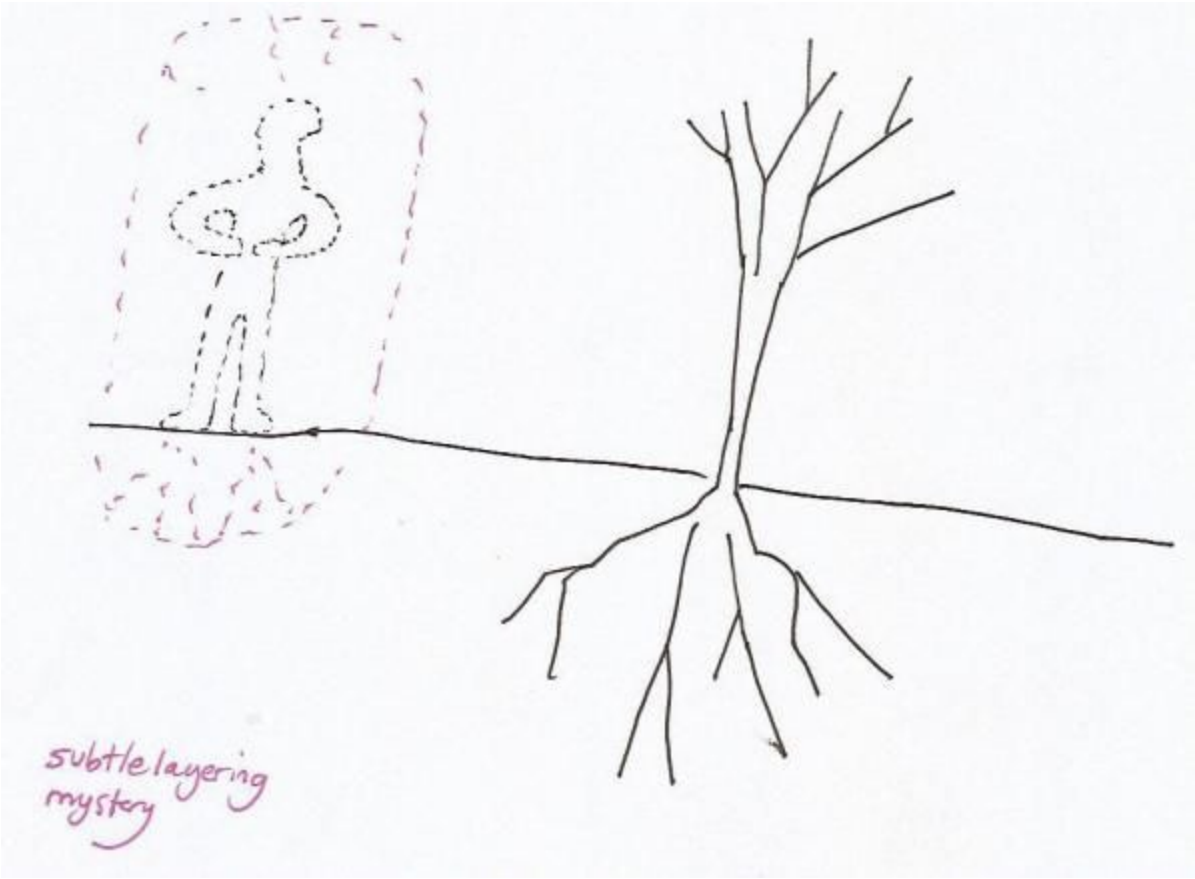
m. bone fndament kumalowati
aka Factz

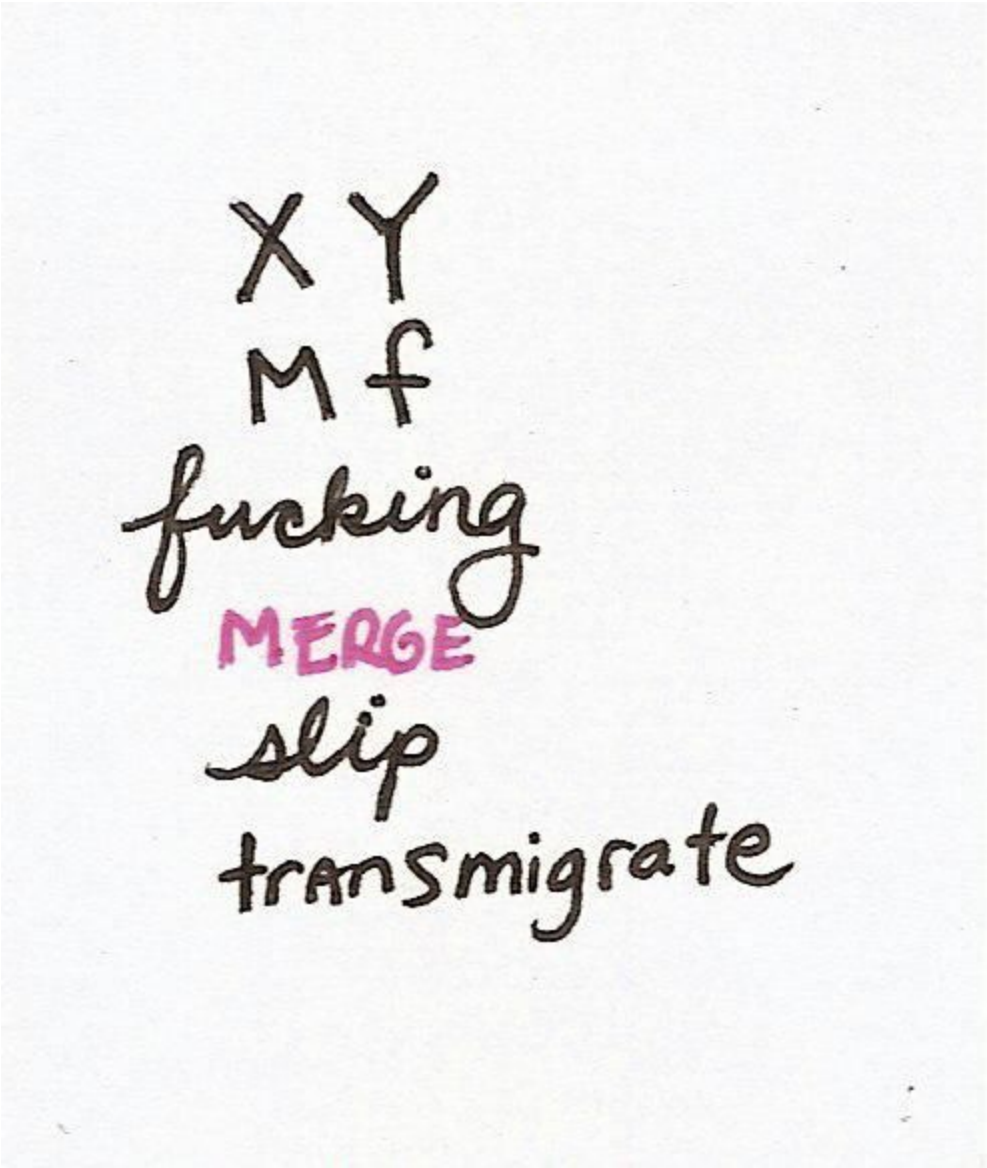
FROM *Y*

2008


Y is the beginning of language. It is the creation of form through the originary split. That act branching created the notion of multiplicity, and with it, carved the stone. Embracing Dr. already multiplicity, where, already whole. But in there, not presence, but that recognition - a layer is the start of fear. The tongue already uttered. But the word! The first one - after light before we gave them Adam we gave scared of it. There was Lilith who did the kicking before we were we pulled her hair out; we forgot her, and thus she became a book and a journal and the same spot a hotspot of feminist conversation & Dis not-recognized any more to say these words- overlap forbearers. Oh shit I acted like I knew so much, I missed out on learning.
language
hermes
hermetic
hermeticism
hermaphrodite
incision
decision
precision
direction
Shi
"shi" series
inscriptions
unh*
perhaps if Rae called he one that would be my regret. what I didn't perceive is deep in my fear of participation. Body Erotic. Feminist circles. Jane Fonda - but the Kinny hip is I hid it all. Serpentes - and it all about gender & Rx? claiming Others, claiming identities and performing them - all of this. Change is that not parting of the Deer to begin Y. You open your mouth & the language inside
branching
bifurcation
blossom
LIKE RAIN


hermetic
sLit

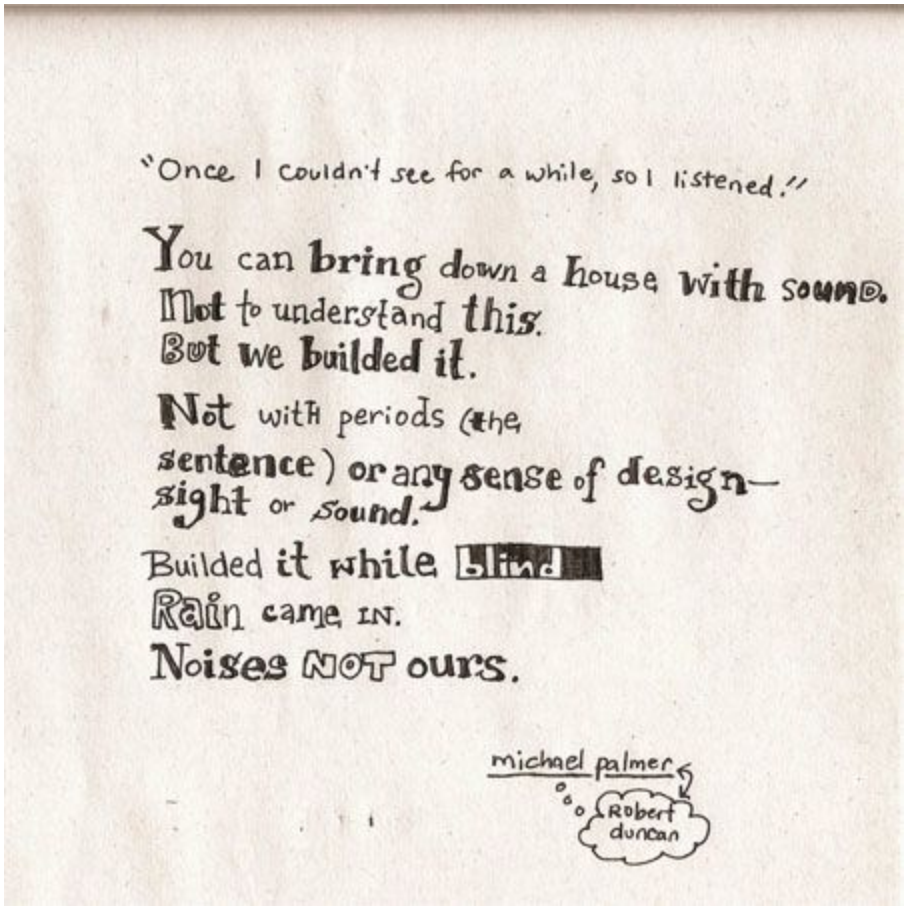

subtle layering
mystery

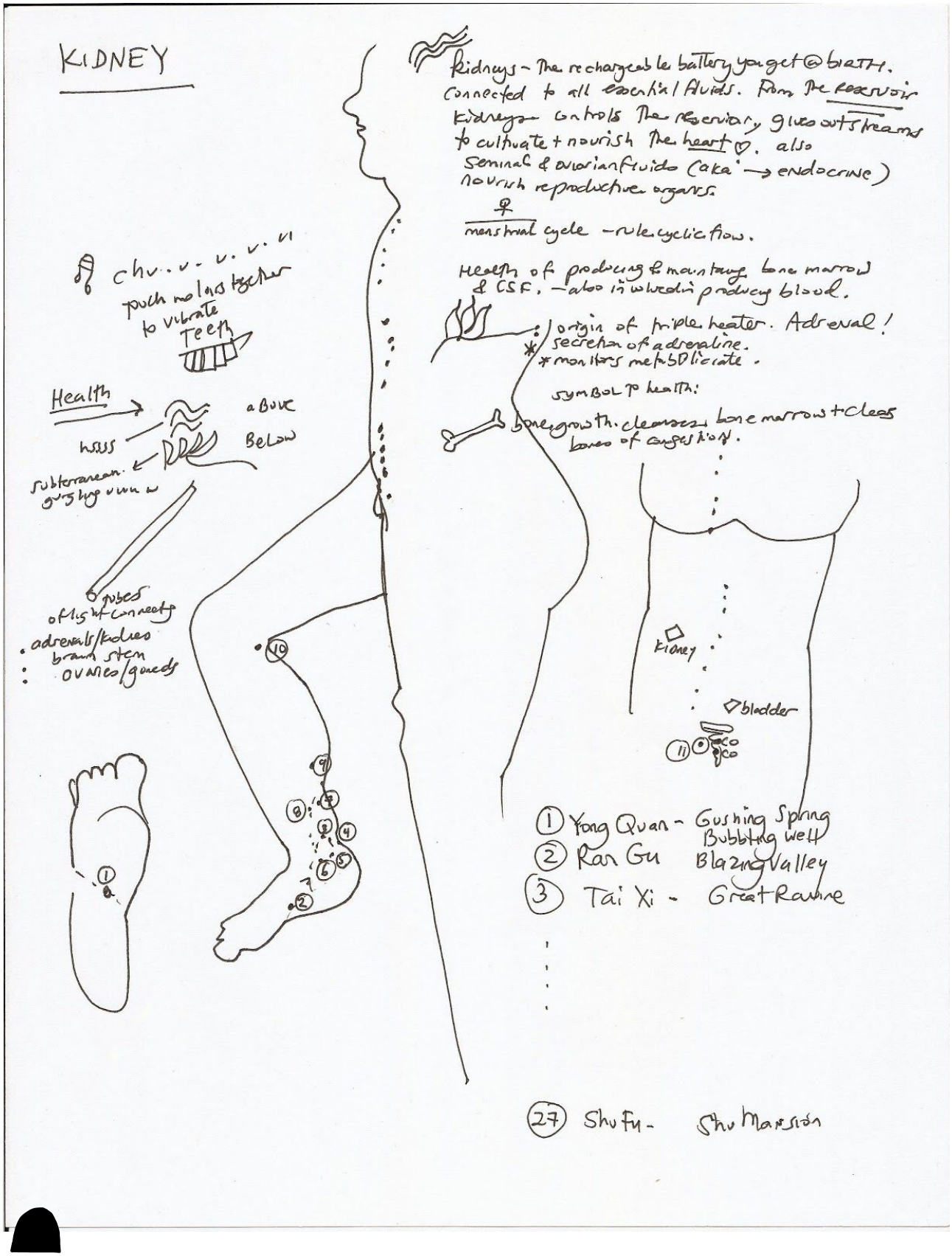

XY
Mf
fucking
MERGE
slip
transmigrate

STUDY WITH SUPRAPTO SURYODARMO

2008

OTHER COMPOSITIONS


"Once I couldn't see for a while, so I listened."
You can bring down a house with sound.
Not to understand this.
But we builded it.
Not with periods (the
sentence) or any sense of design—
sight or sound.
Builded it while blind
Rain came in.
Noises NOT ours.
michael palmer
Robert duncan


KIDNEY
Kidneys - The rechargeable battery you get @ birth.
connected to all essential fluids. From the reservoir
kidneys controls the reservoir, gives out streams
to cultivate + nourish the heart ♡. also
seminal & ovarian fluids (aka → endocrine)
nourish reproductive organs.
♀
menstrual cycle - rule cyclic flow.
Health of producing & maintaining bone marrow
& CSF. - also involved producing blood.
origin of triple heater. Adrenal!
secretion of adrenaline.
* monitors metabolic rate.
SYMBOL TO HEALTH:
bone growth. cleanses bone marrow + cleans
bones of congestion.
chu. v. v. v. vi
push molars together
to vibrate
Teeth
Health
above
below
kidney
bladder
(1) Yong Quan - Gushing Spring
Bubbling well
(2) Ran Gu Blazing Valley
(3) Tai Xi - Great Ravine
(27) Shu Fu - Shu Mansion